



# Think Teeth Every Step of The Way

## Give your baby healthy teeth from the start.

### It's easy!

- Gently brush baby's teeth twice a day. Use a tiny amount of fluoride toothpaste.
- Take your baby to the dentist by her first birthday. Continue regular check-ups as recommended.
- Tooth decay is caused by bacteria. Your baby can “catch” the bacteria from you.
  - Keep your mouth healthy.
  - Don't share cups or spoons.
- Put only water, milk or formula in bottles or sippy cups.
- Don't put your baby to bed with a bottle or sippy cup.
- Limit sweet snacks and sugary drinks, including juice.

Medicaid and CHIP cover children's dental services, such as teeth cleanings, check-ups, x-rays, fluoride, dental sealants and fillings. Your child could be eligible!

To enroll your child or find a dentist, call 1-877-KIDS-NOW or visit [InsureKidsNow.gov](https://www.InsureKidsNow.gov).

Visit [HealthCare.gov](https://www.HealthCare.gov) to learn more about affordable coverage for your family.

